## Welcome to 10K-A-Day!



## Why 10K-A-Day?

Because at 10,000 steps a day, you'll experience several health benefits:

- Enhanced alertness
- Better self-esteem
- Slower aging process
- Lower stress levels
- Increased energy
- Higher HDL ("good") cholesterol
- Improved mood
- Better sleep
- Stronger heart

You can work up to 10,000 steps gradually and enjoy all these health benefits, no matter what your current activity level.

Getting Started - Determine current average steps
Use your 10K-A-Day pedometer to count your steps
for 3 consecutive typical days.

Day	Date	Notes	Steps
	/		
	/		
	/		
	ou know your the chart b		
guide fo			

## 10K-A-Day Goals

If your daily	Week 1		Week 2		Week 3		Week 4	
average is:	Days	Steps	Days	Steps	Days	Steps	Days	Steps
Under 4000	2	5000	2	7500	3	7500	3	9000
steps	3	7500	3	9000	3	10000	3	10000
4001 steps-	3	7500	1	7500	3	9000	2	9000
6000 steps	2	9000	4	9000	3	10000	4	10000
6001+	3	9000	2	9000	1	9000	6	10000
	2	10000	3	10000	5	10000		

Work up to 10,000 steps a day gradually using the chart above as a guide.

Once you determine your daily goals for each week, begin recording your progress on the right side of this page.

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Week 1 Day	Date/		Actual Steps			
		Total Steps				
Week 2 Day	Date/	Step Goals	Actual Steps			
	/					
		Total Steps				
Week 3 Day	Date /	Step Goals	Actual Steps			
	/					
		Total Steps				
Week 4 Day	Date /	Step Goals	Actual Steps			
	,	Total Steps				
Program Totals Steps Days Daily Average						
Week 1		÷ = _				
Week 2						
Week 3		÷ = _				
Week 4		÷= _				
Total		÷=				